

## It Is Worth It!

### Description

[RG AUDIO 102112](#)

Hebrews 12:1-12

Counting calories and exercise can be a struggle. I have to remind myself of Hebrews 12:11 when I tire of doing things that are good for me. Why do we struggle with the same things over and over again? Why do we consciously make bad decisions, knowing we will regret them later? We lack discipline. Discipline is not fun or easy. Discipline does, however, produce a harvest.

Discipline can apply to almost anything. We need to learn how to say no to some things or yes to others. It can be hard, but it is necessary. God promises us that his discipline is worth it.

One of our most important disciplines is to spend quality time with God daily. It can be difficult, but it is so important. God wants us to be the best we can be. That means we sometimes have to go through his discipline. In the end the harvest is righteousness.

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